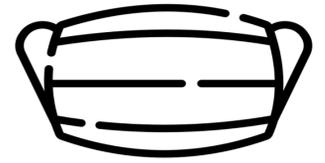


# Cloth Face Covering Do's and Don'ts



## DO:

- Wear a cloth face covering in public places where physical distancing is difficult to maintain.
- Make sure your mouth and nose are fully covered.
- Make sure the mask fits snugly against the sides of your face.
- Wash your hands after touching your mask.

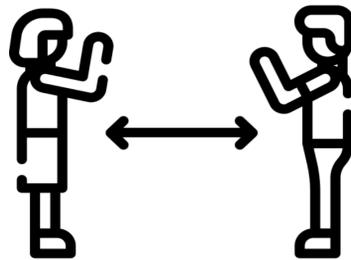
## DON'T:

- Wear a cloth face covering if you have trouble breathing or are otherwise unable to remove the mask without assistance.
- Put a cloth face covering on children under age 2.
- Use surgical masks or other PPE intended for healthcare workers.

**Cloth Face Coverings work best when combined with other prevention measures. Remember to:**



Wash your hands often with soap and water.



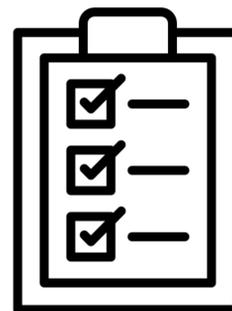
Avoid close contact with others by maintaining 6-foot distancing.



Cover your coughs and sneezes.



Clean and disinfect frequently touched surfaces daily.



Monitor yourself for symptoms of COVID-19.

**For more information visit:**



- [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus)
- [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)